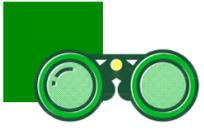


What is a food forest?

Food forests are human-planned, self-sustaining natural spaces that can help provide food to local communities. Food forests are a low-maintenance gardening technique modeled on the layout, diversity, sustainability and resilience of natural woodland ecosystems to provide food and greenspace for humans and a habitat for insects and wild animals.

Steps on starting a food forest



Explore
your local forest to determine what will grow best.



Design
the layout and choose your plants.



Ensure
your design has plants for root, herbaceous, shrub, small tree and canopy layers.



Prepare
the site. Improve the soil and establish your watering system.



Source
your plants, trees and bushes and start planting.



Mulch
your food forest to help reduce weeds.



Harvest
when fruit or veggies are ripe.



Observe
what thrives and what doesn't.

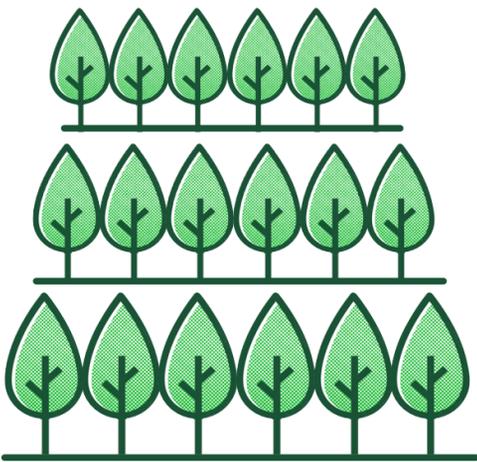


Adjust
your food forest based on your observations.

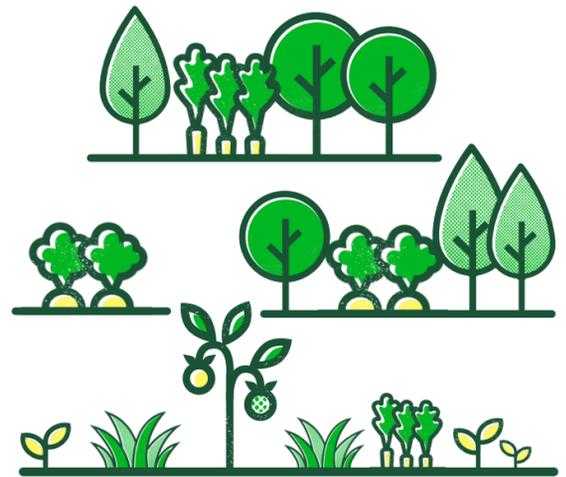


Experiment
with new additions like bees or livestock.

How a food forest can help:



Unlike an orchard which is planted in rows, a food forest requires little to no maintenance once established.



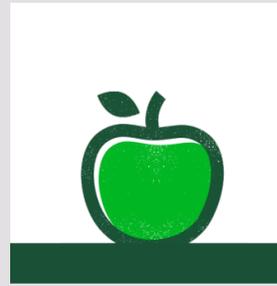
Thereby increasing...



Locally grown produce



Food security



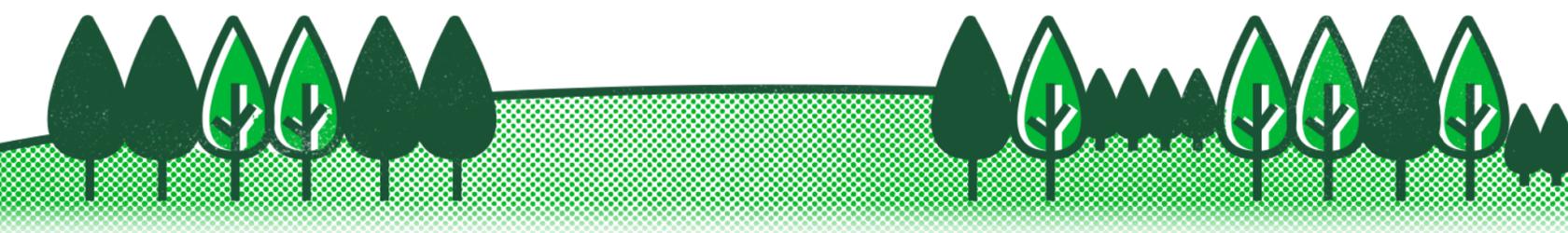
Good nutrition



Connection to the land

Canadian Feed the Children food forest projects will reach an estimated **11,400** Indigenous community members per year.

While restoring at least **10 acres** of land, plant more than **2,000 trees** and **1,500 shrubs**.²



¹First Nations Food, Nutrition and Environment Study, Summary of key findings for eight Assembly of First Nations regions 2008-2018

²TD Ready Challenge Winners 2020